



SPA & WELLNESS MENU



جوهر العافية
THE ESSENCE OF WELLBEING

Welcome to Zula Wellness Resort by Chiva-Som

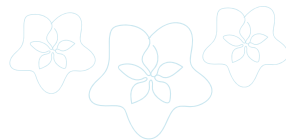
At Zula Wellness Resort by Chiva-Som, we invite you to embark on a transformative wellness journey where ancient traditions meet modern luxury. Nestled on the northern coast of Qatar, our sanctuary offers a distinctive approach to wellbeing, rooted in Traditional Arabic & Islamic Medicine (TAIM).

Our highly skilled therapists combine time-honoured healing practices with the finest natural ingredients to restore balance, calm the spirit, and rejuvenate the mind. Complementing these traditions are carefully selected, non-invasive technologies that enhance each treatment, delivering gentle, effective, and personalised results.



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TREATMENTS	DURATION	QAR
CONSULTATIONS & ASSESMENTS		
Integrative TAIM Consultation	50 Minutes	660
Nutritional Consultation	45 Minutes	350
Dermatology Consultation	60 Minutes	660
Medical Consultation	45 Minutes	350
Nutritional Therapeutic Plan	45 Minutes	450
Body Composition Analysis	25 Minutes	250
Pilates Assessment	50 Minutes	520
Vo2 Max Assessment	50 Minutes	420
Personal Fitness Assessment	50 Minutes	310
Functional Movement Screening Assessment (FMS)	50 Minutes	520
Physical and Postural Assessment (Physical Analysis)	25 Minutes	300
Indirect Calorie Meter Test	50 Minutes	1,000
Food Intolerance Testing	50 Minutes	1,000
Blood Tests		
Vital	20 minutes	1,960
Advance	20 minutes	2,430
Absolute	20 minutes	M- 5,280 F -5,200*
Executive	20 minutes	M- 4,015 F -3,935*
Genomics		
Longevity	25 minutes	6,000
Vitality	25 minutes	4,000
MASSAGE THERAPIES		
Invigorating Massage	50 Minutes	350
Muscle Ease Massage	60 Minutes	420
Tranquility Massage (Comfort Zone)	60/90 Minutes	450/680
Signature Herbal Tadleek	70 Minutes	650
Signature Full Body Tadleek	50 Minutes	330
Signature Relaxing Al-Qadam	50 Minutes	340
Thai Traditional Massage	50/80 Minutes	350/470
Oriental Scalp Massage	40 Minutes	350
Pregnancy Massage	70 Minutes	1,100
Soothing Back Brush	40 Minutes	400
FACIAL THERAPIES		
Comfort Zone		
Hydramemory	60 Minutes	880
Hydramemory Express Facial	30 Minutes	460
Facial Massage	50 Minutes	720
Sacred Nature	60 Minutes	1,080
111 skin		
Celestial Black Diamond Non-Surgical Lift Facial	90 Minutes	1,330
Dramatic Healing Facial	60/90 Minutes	680/730
Facial Enhancement Biocellulose	20 Minutes	200
Facial Enhancement Celestial Black Diamond	20 Minutes	200
Facial Enhancement Rose Gold	20 Minutes	200

* M - Male | F- Female



TREATMENTS	DURATION	QAR
Facial Enhancement Cryo Eye	20 Minutes	200
Men's Facials		
High Performance Hydrating Facial for Men (Skin Regimen)	60 Minutes	910
Men's Reparative Facial (111 Skin)	90 Minutes	1,130
BODY THERAPIES		
Signature Seaweed Detox Body Scrub	25 minutes	330
Tranquility Body Scrub	45 minutes	350
Detoxifying Skin Therapy Body Scrub and Wrap	70 minutes	450
Nourish & Hydrate Body Scrub and Wrap	60 minutes	500
The Slimming Scrub and Wrap	70 minutes	450
Stimulating Hip and Thigh Treatment	70 minutes	700
Detoxifying Balneotherapy	25 minutes	450
RITUALS		
Spirit of Zulal	240 minutes	2,100
Hammam Ritual	90 minutes	1,100
Balance Mind & Body Ritual	180 minutes	1,800
Body Cleanse Ritual	150 minutes	1,600
HOLISTIC AND TRADITIONAL THERAPIES		
Integrative TAIM Consultation	50 minutes	660
Traditional Qatari Hamiz (Deep Tissue)	50/80 minutes	450/650
Massage Al-Batin Wa Al Ra's (Abdomen & Head Massage)	80 minutes	670
Massage Al-Batin (Abdominal Massage)	50 minutes	650
Massage Al-Ra's (Head Massage)	50 minutes	540
Massage Al Ra's Aa Al-Qadam (Head & Foot Reflexology)	80 minutes	1,090
Hijama (Cupping)	50/80 minutes	650/800
Acupuncture	50/90 minutes	650/780
Abhyanga	70 minutes	650
Shiroabhyanga	50 minutes	660
Shirodhara	50 minutes	840
Udwarthanam (Dry Powder Massage)	70 minutes	940
Foot Reflexology	50 minutes	540
Auricular (Ear) Reflexology	50 minutes	780
Manual Lymphatic Drainage	50 minutes	650
Neti Nasal Irrigation	50 minutes	410
Oil Pulling	50 minutes	350
AESTHETIC BEAUTY		
Dermatology Consultation	60 minutes	350
VISIA Facial Imaging	45 minutes	500
Bioplasma™ (face)	45 minutes	390
Bioplasma™ (back)	60 minutes	740



TREATMENTS	DURATION	QAR
Bioplasma™ and Jetpeel® Combo	90 minutes	740
Jetpeel® Clean & Hydrate	45 minutes	390
Depigmenting Mask	45 minutes	2,000
Colonic Hydrotherapy		
Regular	50 minutes	700
Coffee	50 minutes	900
Spirulina	50 minutes	900
Probiotics	50 minutes	900
Spectra™ XT For Skin Rejuvenation		
Spectra™ XT (face)	75 minutes	800
Spectra™ XT (face with carbon mask)	75 minutes	800
Spectra™ XT (face and neck)	75 minutes	1,360
Spectra™ XT (face and neck with mask)	90 minutes	1,000
Spectra™ XT (tattoo small)	45 minutes	700
Spectra™ XT (tattoo medium)	60 minutes	800
Spectra™ XT (tattoo large)	75 minutes	1,360
Spectra™ XT (hands or legs)	75 minutes	800
Dermapen	20 minutes	800
Mesotherapy (face)	90 minutes	1,250
Mesotherapy (hair)	75 minutes	1,250
PRP (face)	90 minutes	1,800
PRP (hair)	60 minutes	1,800
Thermage CPT® Treatment		
Eye Lids	60 minutes	6,340
Face	75 minutes	7,695
Face & Neck	90 minutes	8,455
Body (DC 400 shots)	135 minutes	10,615
Candela Gentle Pro		
Facial Veins	75 minutes	1,360
Upper Leg Veins	115 minutes	1,540
Lower Leg Veins	105 minutes	1,540
Hands	115 minutes	1,360
Chest or Back	115 minutes	1,540
Candela Yag Hair Removal		
Chin & ips	60 minutes	350
Beard Line	75 minutes	350
Full Face	90 minutes	500
Knuckles and Toes	75 minutes	200
Underarms	75 minutes	850
Upper Arms or Forearms	105 minutes	1,350
Chest or Back	120 minutes	2,560
Upper Leg or Lower Leg	90 minutes	1,880
Full Bikini	75 minutes	1,250
Partial Bikini	60 minutes	810
Full Body	150 minutes	2,300
Full Body (without abdomen & back)	150 minutes	2,000



TREATMENTS	DURATION	QAR
NuEra®		
Abdomen & Thighs	60 minutes	1,010
Arms & Backs	60 minutes	1,010
Hip & Buttocks	60 minutes	1,010
Face	45 minutes	1,010
Mini Thread Lift		
4-6 Threads	60 minutes	4,000
6+ Threads	105 minutes	5,000
Mini Thread Lift (nose)	60 minutes	3,000
Mini Thread Lift (cheeks)	90 minutes	4,000
Mini Thread Lift (jawline)	90 minutes	4,000
Mini Thread Lift (upper neck or lower neck)	90 minutes	4,000
Mini Thread Lift (eye brows)	60 minutes	3,000
Mini Thread Lift (full face)	105 minutes	16,000
Wrinkle And Deep Line Reduction By Botox®		
Botox 50 units	60 minutes	1,945
Botox 100 units	75 minutes	2,720
Re-Contouring By Hyaluronic Fillers		
Juvedem Ultra (1ml)	75 minutes	1,910
Juvedum Ultra Plus (1ml)	75 minutes	1,910
Fillers Volux (1ml)	75 minutes	2,060
Profilo	75 minutes	1,920
RADIESSE (1.5ml + Lido)	75 minutes	2,670
Ellanse	60 minutes	1,910
Maili	60 minutes	1,910
Skinfill Bacio	60 minutes	1,200
Nucleofill Strong	60 minutes	1,500
Excision		
Small (less than 1 cm)	45 minutes	500
Large (more than 1 cm)	75 minutes	1,000
Fractora	75 minutes	3,250
BodyTite FX™	105 minutes	2,500
Multivitamins Infusion		
Multivitamin IV Injection	50 minutes	543



TREATMENTS	DURATION	QAR
MINDFULNESS		
Meditation	50 minutes	150
Cyclic meditation	60 minutes	520
Pranayama	50 minutes	150
Breath work session	60 minutes	520
ENERGY HEALING		
Craniosacral Therapy (adult)	50 minutes	530
Reiki (adult)	50 minutes	530
Watsu (aquatic therapy)	50 minutes	540
Crystal Aroma Massage Energy Balancing	50 minutes	650
Singing Bowl (sound healing)	50 minutes	650
	30 minutes	660
PHYSIOTHERAPIES		
Physical and Postural Assessment (Physical Analysis)	25 minutes	300
Postural Corrective Therapy	25/50 minutes	350/510
Kinesthetic Assessment	50 minutes	500
Gyrotonic	50 minutes	510
Neurac® Method	50 minutes	580
Infrared	25/50 minutes	350/700
Deep Tissue Tadleek®	50/80 minutes	450/650
Remedial Tadleek	50/80 minutes	680/880
Upper Body Tadleek (back, neck and shoulder release)	50 minutes	650
Bone Density Exercise	50 minutes	510
Chronic Pain Therapy	50 minutes	650
Inter X Therapy	25/50 minutes	430/650
High-Intensity Laser & Radial Therapy (Radialshockwave Therapy)	50 minutes	900
Wellness Rehabilitation Therapy (Re-functional exercise)	50 minutes	700
Releasing Tension Therapy	50 minutes	650
TECAR Massage Therapy	50 minutes	720
Foot Myofascial Release Exercises (Foot exercises)	50 minutes	400
LPG Endermology®	70 minutes	730
FITNESS		
Abs Express	30 minutes	360
Aqua Training	50 minutes	420
Pilates Assessment	50 minutes	520
Personal Fitness Assessment	50 minutes	310
Electrical Muscle Stimulation (EMS)	50 minutes	420
Metabolic Boost	50 minutes	420
Personal Training	40/50 minutes	420/520



TREATMENTS	DURATION	QAR
Agility Activity	50 minutes	420
Balance Activity	50 minutes	420
Circuit Training	50 minutes	420
Outdoor Circuits	50 minutes	420
Fitball Exercises	50 minutes	420
Mat Pilates (private)	50 minutes	420
Cycling Session	50 minutes	520
Cross Fit	50 minutes	520
Thai Boxing	50 minutes	420
TRX	50 minutes	420
Boot Camp	50 minutes	420
Freeform Power Balance	50 minutes	420
Roll and Release	50 minutes	420
Stretch Class	50 minutes	420
Super Stretch	25/50 minutes	200/380
Sports Stretching & Myofascial Release	70 minutes	540
Reformer Pilates	50 minutes	540
Hatha Yoga	50 minutes	420
Yin Yoga	50 minutes	520
Restorative Yoga	50 minutes	520
Aqua Mat Session	50 minutes	520
Tai Chi	50 minutes	420
Qi gong	50 minutes	520
SALON		
Zulal Signature Hair Therapy	90 minutes	340
Wash and Blow Dry	90 minutes	180
Cut and Style	90 minutes	280
Ladies Cut Only	60 minutes	180
Hair Colouring and Highlights (Short)	180 minutes	660
Hair Colouring and Highlight (Long)	240 minutes	720
Nourishing Treatment (Short)	90 minutes	260
Nourishing Treatment (Long)	90 minutes	690
Supreme Manicure	50 minutes	180
Supreme Pedicure	55 minutes	200
Spa Manicure for Gentlemen	45 minutes	150
Spa pedicure for Gentlemen	45 minutes	150
Nail Reshape and Natural Buff or Polish	20 minutes	130
Leg Illuminating and Refining Treatment	60 minutes	390
Leg Relieving and Toning Treatment	70 minutes	390
Gel Removal	30 minutes	80
Express Gel Manicure	45 minutes	100
Express Gel Pedicure	45 minutes	130
Spa Gel Manicure	90 minutes	250
Spa Gel Pedicure	90 minutes	280
Upgrade to Gel Manicure	30 minutes	70
Upgrade to Gel Pedicure	30 minutes	80



TREATMENTS	DURATION	QAR
WAXING		
Arms	55 minutes	260
Half Arms	55 minutes	200
Full Legs	60 minutes	360
Half Legs	60 minutes	200
Chest	30 minutes	260
Back	30 minutes	260
Full Face	55 minutes	200
Lip, Chin and Brows	70 minutes	180
Underarms	50 minutes	160
Bikini Line	30 minutes	250
Eyebrow and Facial Threading	25 minutes	104
Full Brazilian	50 minutes	300
BARBER		
Beard Trim	30 minutes	150
Gentlemen's Colour	90 minutes	500
Gentlemen's Hair Trim	20 minutes	100
Gentlemen's Cut and Style	45 minutes	210
Gentlemen's Hair and Beard Style	60 minutes	300
Hair Blow Dry and Style	30 minutes	130
Traditional Wet Shave	45 minutes	170





We practice same gender policy on all our treatments.



Zulal Wellness Resort by Chiva-Som
Building No.100, Street 319, Zone 79, P.O. Box 70034, Al Ruwais, Qatar
Phone: +974 4477 6500 | WhatsApp: +974 4477 6555
www.zulal.com